

The invention relates to a saturable reflector and a saturable absorber which are each arranged as a layer sequence (3) on a substrate (1) and is characterized in that the layer sequence (3) contains a strained-layer single quantum well (6) and a cap layer (7), whereby the material composition of the single quantum well (6), its layer thickness and its strain in the layer structure within a wavelength range all serve to define an absorbing effect, moreover, a saturable effect is defined by the selection of the position within the standing wave of a laser resonant cavity.